

Hyde County Health Department

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Ocracoke Residents Encouraged to Take Steps to Prevent Heat Stress

Heat and humidity are a serious safety threat. While the power outage on Ocracoke persists, residents are encouraged to know the symptoms of heat-related illness and to take steps to prevent heat stress.

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting
- Decreased urine output
- Elevated body temperature

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- Loss of consciousness
- Hot, dry skin or profuse sweating
- Very high body temperature

How to Protect Yourself

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.
- Take extra precautions with certain medications

What to Do if Someone is Ill from the Heat

- Call 911 for emergency medical care.
- Have someone stay with the person until help arrives.
- Move the person to a cooler/shaded area.
- Remove outer clothing.
- Cool the person quickly with cold water or an ice bath if possible; wet the skin, place cold wet cloths on skin, or soak clothing with cool water.
- Circulate the air around the person to speed cooling.
- Encourage frequent sips of cool water, if possible.

For more information contact Hyde County Health Department at 252-926-4399.

